

## Nutrition

### New "EAT AND RUN" Activity Book



Fairfax County's home child care ordinance now requires family child care providers to follow the USDA guidelines for healthy eating and to provide

are a twist on familiar things; others may be entirely new to providers. All will contribute to children's well-being.

The Office for Children will offer workshops to introduce "Eat and Run" in December and the coming year. The book and workshops will be offered to providers currently participating in the USDA food program or those interested in joining the program. Starting in January, workshops will be listed in the IFEL class flyer.

### Manage Records Easily Online

Use the most trusted and complete record-keeping system for family child care providers on your home computer to submit your USDA Food Program claim without the hassle of paper forms. Using

only Internet Explorer, you can log into our secure WebKids website and record everything the food program requires in seconds.

Thousands of providers are using this convenient system to:

- ▶ Record meals.
- ▶ Enroll children.
- ▶ Note school holidays, child sick days, etc.
- ▶ Pre-plan menus.
- ▶ Print tax reports.
- ▶ Find out how much you'll be paid.
- ▶ Submit your claim and eliminate claim errors.

To start claiming online email [margaret.chavarria@fairfaxcounty.gov](mailto:margaret.chavarria@fairfaxcounty.gov).

## Health and Safety Prepare Early for Your Fire Inspection

A Fire Department inspection is part of the process to receive a new or renewal permit to operate a family child care business in Fairfax County. To ensure that your annual Fire Department inspection goes smoothly, please follow the preparation guidelines in your Introduction to Family Child Care notebook.

An evacuation plan, fire extinguisher, and carbon monoxide and smoke alarms are the most common items identified by the fire inspector as not working or missing during the fire inspection.

Make sure to have fire extinguishers mounted, visible and ready for use near

cooking equipment and where flammable liquids are stored.

Working carbon monoxide (CO) and smoke alarms should be placed appropriately in the home and tested each month. Smoke alarms are required on each level of the home and outside each sleeping area. Carbon monoxide alarms must be installed in homes where appliances may produce carbon monoxide.

The fire inspector will ask to see your written evacuation plan. The evacuation plan needs to include a detailed escape plan map, instructions for contacting emergency responders, and procedures for alerting and



keeping account of children, employees and others during an emergency.

Being prepared for your fire inspection may prevent an additional visit by the fire inspector and helps the permit process to move forward more quickly.

## Caring for Children with Diabetes



Child care providers who care for children with diabetes or a seizure disorder may need to comply with a new medication administration requirement that took effect Oct. 1, 2013. If you administer insulin and/or glucagon to children with diabetes, in addition to having a current Medication Administration Training certificate, you must now also complete the MAT Diabetes in Child Care Settings course. This new

course is a classroom based training and will be offered throughout Virginia by Medical Home Plus. More information about this course and how to register can be found on [www.medhomeplus.org/MAT](http://www.medhomeplus.org/MAT).

Also, if you take care of children who require emergency rectal medication for their diabetes or seizure disorder, it is now a requirement that in addition to your current MAT certification, you must also complete the MAT Administration of Emergency Rectal Medications in Child Care Programs course.

This is an online training that can be found on [www.medhomeplus.org/MAT](http://www.medhomeplus.org/MAT).

If you have any questions about these new requirements, please contact your state licensing representative, your county permitting child care specialist, or call the main office at 703-324-8100, TTY 711.

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## Professional Development Registration Changes for IFEL

The Office for Children's Institute for Early Learning registration process is changing. Effective Dec. 2013, each month, an IFEL class flyer will be mailed to family child care providers and center-based programs. The monthly class flyer will also be posted online at [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc). Class flyers will contain course descriptions, locations and dates for each of the classes beginning in the designated month.

Throughout the year, registration for professional development classes will be available on the second Wednesday of each month for classes that begin the following month.

The monthly registration system will provide child care professionals more opportunities to enroll in classes throughout the year. All child care professionals will be able to enroll in six IFEL courses each year. Family child care providers will be able to enroll in an additional six Family Child Care

business courses throughout the year. Registration in additional professional development opportunities such as webinars, seminars and symposiums will be available and is not limited.

Child care professionals will continue to register using the current processes which include registering online, by FAX, through the automated phone system, or by mailing a registration form. The Institute for Early Learning has changed its email address from [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov) to



[childcareclasses@fairfaxcounty.gov](mailto:childcareclasses@fairfaxcounty.gov) to create a better communication system for our child care community.

## Professional Development Requirements



Revisions to the home child care ordinance in November of 2012 increased the number of professional development hours required for any family child care provider applying for a new permit or a renewal permit from 12 hours increasing to 16 hours by 2015. Training must be provided by an approved trainer. This new requirement will be phased in over several years following the schedule below: Starting February 2013, providers must attend 12 hours of

training by their next renewal date. Beginning in January 2014, providers must attend 14 hours of training by their next renewal date. Effective Jan. 1, 2015 and each following year, providers must attend 16 hours of training by their next renewal date.

Family Child Care Providers have many professional development options including: webinars, online trainings, CDA classes, and OFC sponsored programs such as Virginia Preschool Initiative, Virginia Infant and Toddler Specialist Network, the Portage Curriculum, Supporting Quality Program and classes through the Institute for Early Learning. Please contact your child care specialist for more details.

## The Virginia Infant & Toddler Specialist Network

The Virginia Infant & Toddler Specialist Network has been providing mentoring and coaching to family child care providers and center-based programs throughout Virginia since 2009. The Northern Regional office for the VA-ITSN is part of the Fairfax County Office for Children.

The primary goal of the Infant & Toddler Specialist Network is to increase the skills of those who care for infants and toddlers whether in family child care homes or in center-based/preschool programs. Infant and toddler specialists provide on-site consultation and professional development for child care professionals.

OFC has three infant and toddler specialists who provide on-site coaching, mentoring, and training. Our specialists are pleased to be able to partner with

family child care providers while offering four to six months of on-site service to enhance their programs. Infant and toddler specialists work side-by-side with family providers while developing a quality improvement plan that meets the individual needs of each program and builds on the strengths of each provider.

For more information about the state-wide Virginia Infant & Toddler Specialist Network, feel free to visit the VA-ITSN website at [www.va-itsnetwork.org](http://www.va-itsnetwork.org).

If you care for infants and toddlers (from birth to 36 months of age) and would be interested in having an infant and toddler specialist work with you in your family child care



program, contact Helen Webster at [Helen.Webster@fairfaxcounty.gov](mailto:Helen.Webster@fairfaxcounty.gov) or 703-324-2165, TTY 711.

## Webinars



The Office for Children is now providing webinars as a professional development option. Webinars are online training sessions that can be viewed in the comfort of your own home using a computer, tablet, or smartphone with an Internet connection.

The Institute for Early Learning has created webinars that allow participants to be active partners in the learning sessions. Participants can send questions and comments to the webinar presenters during the session. By being a part of the webinar session,

participants can add their ideas and suggestions to the information that is shared.

Several webinar topics have been presented and more will be offered this coming year. Webinar topics include math and science, food allergies, eating strategies for infants and toddlers, infant caregiving, building resilience in children and creative arts. To see what webinars are available for registration in the future, please check the OFC website at [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc).